

KEKAHA SENIOR CITIZEN CLUB - OCTOBER 2016
8130 ELEPAIO ROAD
(808)337-1671

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Enhance Fitness 8am-9am	4 Brain Power Class 8am-9am Assembly 9am-11am Streching with Martha KEO Nutrition 11am-12pm	5 Enhance Fitness 8am-9am Japanese Culture 9am-11am KEO Nutrition 11am-12pm	6 Kokua Craft 9am-11am KEO Nutrition 11am-12pm	7 Enhance Fitness 8am-9am
10 Enhance Fitness-8am-9am Shopping	11 Brain Power Class-8am-9am Assembly 9am-11am Streching with Martha Outreach Practice KEO Nutrition 11am-12pm	12 Enhance Fitness 8am-9am Japanese Culture 9am-11am KEO Nutrition 11am-12pm	13 Kokua Craft 9am-11am KEO Nutrition 11am-12pm	14 Enhance Fitness 8am-9am
17 Enhance Fitness 8am-9am	18 Brain Power Class 8am-9am Chinese Pretzel Making 8am-2pm KEO Nutrition 11am-12pm	19 Enhance Fitness - 8am-9am Japanese Culture-9am-11am KEO Nutrition 11am-12pm	20 OUTREACH Garden Isle Health Care Lunch at Kukui Grove Mall Visit to food bank	21 Enhance Fitness 8am-9am Craft Set-up at Lihue Convention Hall 10am Prepack sweet rice at KNC 2pm
24 Enhance Fitness 8am-9am	25 Brain Power Class 8am-9am Assembly 9am-11am Streching with Martha Guest Speaker Ohana Health Care KEO Nutrition 11am-12pm	26 Enhance Fitness-8am-9am Japanese Culture 9am-11am KEO Nutrition 11am-12pm	27 Kokua Craft 9am-11am KEO Nutrition 11am-12pm	28 Enhance Fitness-8am-9am
31 Enhance Fitness 8am-9am		***REMINDER*** Senior Craft Fair Saturday-Octber 23, 2016 Lihue Convention Hall 9am-2pm Bus pick up at Kekaha NC		